

Positive Sleep Thoughts That You Can Use to Replace Specific Negative Sleep Thoughts



I will never fall asleep

- I am more likely to fall asleep as my body temperature falls throughout the night.
- My brain wants to obtain my core sleep.

I woke up in the middle of the night or early morning and feel wide awake. This means I will not be able to fall back to sleep.

- It is normal to initially feel alert if I awaken at the beginning or end of dream; drowsiness will soon follow.
- If I awaken after about five and a half hours of sleep, I obtained my core sleep. If I do not fall back to sleep, I will be okay.

I will not be able to function tomorrow.

- In most cases, the worst thing that may happen if I do not sleep well is that I may not be in the best mood during the day.
- Sleep loss does not always have a significant impact on my daytime functioning.
- I can handle sleep loss, especially if it is only happening a few nights per week.
- My performance will not suffer significantly if I get my core sleep.
- My functioning will improve during the day as my body temperature rises.

I must get eight hours of sleep.

- Sleep requirements vary from person to person.
- Sleeping seven hours per night is associated with the longest life expectancy.

My insomnia will cause health problems.

- There is no cause-and-effect evidence that insomnia causes any significant health problems.

I slept very little or not at all last night.

- I am probably getting more sleep than I think I am.

I cannot fall asleep without a sleeping pill.

- As I learn these CBT techniques, I will fall asleep more easily on my own.
- I am better off without sleeping pills since many of them cause a hangover effect and reduce my deep sleep.
- Sleeping pills do not work that well anyway, since part of their effect is actually a placebo effect.
- It will become easier to fall asleep without a sleeping pill the more I try it.

I will never learn to sleep better.

- These techniques work for most people with insomnia, they will work for me.
- My sleep will get better as I learn these CBT techniques.

What is wrong with me? I must have a psychological problem

- Most cases of insomnia are due to learned thoughts and behaviors, not mental health problems.
- Insomnia is very common. It affects over half of adults.

I feel awful today because I did not sleep well.

- My daytime functioning is due in part to my negative sleep thoughts. If I minimize my negative sleep thoughts, I will improve my daytime functioning.
- My daytime functioning is not just affected by my sleep.